

The Reggie Lewis Track  
& Athletic Center at  
Roxbury Community  
College



12th Annual  
Senior Citizen  
Thanksgiving Luncheon  
November 21, 2008  
11:30 am - 3:00 pm

## RLTAC Sensational Seniors

Over 100 seniors ranging in ages from 65-93 participate in our fitness programs. Fitness programs such as walking, weight lifting, aerobics, and formal exercise classes are components of this program. As a group, the Sensational Seniors coordinate field trips to historic sites around Massachusetts, community events, and volunteer their services at the Reggie Lewis Center and community events hosted by the Center.

They are one of the most consistent exercise groups at the Center. They have been featured in the Boston Globe, Channel 7 and other local papers. They are truly sensational. For more information, contact Fitness Coordinator, Cheryl McDermott at (617) 541-3535 ext. 461.



## **Program**

- **Welcome 11:45am**

Nancy Sheehan-Curran,  
Assistant Director, RL TAC

Keith McDermott,  
Director, RL TAC & RCC Athletics

- **Invocation 12:15pm**

- **Lunch is Served**

- **Entertainment**

Dance Performance by Fred Hayes along  
with the Cushing Manor Singers

Music by "D.J. Dollar Bill"



Special thanks to:

Jake Abal, A Nubian Notion

Randy Davis, Ray's Catering

Fred Hayes Dance Co.

Triple "W" Enterprise  
"D.J. Dollar Bill"

All of our volunteers!